

Chest Pain When Breathing

Since chest pain is believed to be a characteristic sign of heart issues such as coronary artery disease or a heart attack, a person who encounters a feeling of pressure or pain in the chest might feel apprehensive, thinking of this to be a sign of the oncoming of a cardiovascular disease. Nonetheless, it must be noted that chest discomfort is not always an indicator of heart diseases.



Chest pain when breathing could be attributed to a condition which may be non-cardiac in origin.

The pain may happen due to conditions associated with the musculoskeletal system or the respiratory system. Pain in the chest could even be psychogenic as the name indicated. The location, nature, or the power of pain could provide valuable information that may support the doctors in order to zero in on the underlying cause. A physical examination and imaging studies are usually conducted to diagnose the medical condition that is responsible for causing chest pain.

Some of the medical conditions that could cause chest pain may not be of a critical nature, while others could be life-threatening in the absence of fast treatment. Medical help must therefore be sought by an individual who has been experiencing pain in the chest region. Here are a few of the normal factors behind torso pain while breathing.

Pleurisy

Pleurisy refers to the inflammation of the lining of the pleural cavity. Though a viruslike infection is actually one of the most common causes of pleurisy, it is also caused by a rib damage, development of blood clot in the lungs, mesothelioma, or even autoimmune problems such as rheumatoid arthritis and lupus.

Acute chest discomfort while breathing

Shortness of breath

Chills

Dry cough

Though the individual may experience a sharp stabbing pain in the chest region, pleurisy could even cause a dull chest pain that may be accompanied by a burning sensation.

Pneumonia

Pneumonia is a respiratory condition that is caused due to an infection in the **lungs**. It occurs because of the exposure to disease-causing agents such as bacteria, infections, or fungus. A lung infection could happen when pathogens enter the lungs and increase in numbers. The immune system may next respond through sending immune cells to the alveoli, which can be little air sacs that are present in the lungs. The characteristic symptoms of pneumonia include:

Sharp upper body pain when breathing deeply

Shaking Chills

Productive *cough*

Sweating.

Muscle Pain

Not treated, pneumonia may turn out to be life-threatening. Medical help have to be sought if a person is exhibiting any of the aforementioned symptoms.

Pneumothorax

Pneumothorax, which is commonly known as a collapsed lung, happens when air accumulates in the pleural space. The lungs tend to be layered by way of a two-layered serous membrane called pleura. The space between the inner layer and the outer layer is filled with a small amount of fluid. When air accumulates to achieve success pleural space, pressure builds up over the lungs. The lungs can't seem to expand in the course of inhalation as a result of the pressure exerted by air. This makes the lungs to be able to collapse. A strong blow in order to the chest, puncture pains, or lung attacks might make a person vulnerable to pneumothorax. A collapsed lung could even cause an accumulation of fluid in lungs, thus causing a dip in the amount of oxygen in the blood vessels. This could give rise to distressing signs and symptoms like as:

Fatigue.

Chest discomfort while breathing

Mild cases of pneumothorax may solve on their own, but severe cases need immediate medical attention.

Pulmonary bring about is a medical problem that is characterized by very high blood pressure in the pulmonary arteries, which are arteries that have deoxygenated blood from the heart to the lungs. Various medical conditions could lead to pulmonary bring about. Congestive heart failure, liver cirrhosis, chronic lung disease, pulmonary embolism (presence of blood clot in the lungs), and the prolonged use of certain drugs could cause elevated blood pressure in the pulmonary arteries. The common the signs of pulmonary hypertension include:

Heart palpitations

Dizziness

Pain or a feeling of stress in the chest.

- The treatment usually involves the use of drugs such as calcium channel blockers, diuretics, endothelin receptor antagonists, etc.
- Oxygen therapy may be required when the patient has low oxygen levels in blood.
- The pleural space refers to the space between the parietal pleura and also the deep, stomach pleura.
- The parietal pleura lines the walls of the chest cavity, while the visceral pleura lines the lungs.
- A small amount of liquid is usually existing within the pleural area.
- This fluid assists the two membranes to be able to go against each other without friction in the course of respiration.
- Pleural effusion is a medical problem that is seen as an the unnecessary accumulation of fluid inside pleural area.
- Chest pain that occurs while taking deep breaths is actually one of the most characteristic the signs of this condition.
- Other symptoms of pleural effusion include:

Rapid breathing

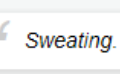
- The therapy usually involves the drainage of fluid.
- Thoracentesis, which refers to the removal of fluid from your pleural space, really helps to alleviate the symptoms.
- Drug therapy may also be required.

“  **Bronchitis Symptoms and Treatment** *Bronchitis is a respiratory disease, which is characterized by inflammation of the mucous membrane from the bronchial pipes (in the actual lungs). As the swollen membrane becomes swollen and thicker, the tiny air passages turn out to be narrower,...*

Panic Attack

Panic attacks are attacks of acute anxiousness that could take place when a person is actually faced with situations that may evoke intense dread or even anxiety. Some people may be genetically susceptible to be able to panic attacks. The use of stimulants could sometimes bring about a panic attack. Abrupt withdrawal of alcohol or certain drugs may be a contributing factor. Panic attacks are seen as an symptoms such as:

Chest pain.

“  **Sweating.** Lightheadedness
The treatment usually involves psychotherapy as well as the use of drugs such as mild sedatives, selective serotonin reuptake inhibitors, serotonin and norepinephrine reuptake inhibitors, etc.

- This is a condition wherein one or more arteries that supply blood towards the lungs get clogged.
- The blockage typically occurs due to the presence of a blood clot in the artery.
- The particular symptoms of this condition include:

Shortness of breath

Bluish discoloration of the skin



LungsCoughDry Cough

Sweating

Pulmonary embolism can be life-threatening, if not handled quickly with anticoagulants (blood thinners) or thrombolytics (clot dissolvers). In some cases, the use of vein filters may be suggested. Surgery may be resorted in order to, when the other treatment options fail.

Costochondritis

Costochondritis, which is commonly referred to as chest wall pain, refers to the redness of costal cartilages that affix the ends of the true ribs to the sternum. Trauma to the rib cage because of drop, engine vehicle accident, or bodily assault could cause this condition. Inflammation in the costosternal joint could also be caused as a result of respiratory infections. The intercostal muscles help the actual ribcage to flourish and also drop throughout breathing as well as exhalation, which is why, irritation of the costal cartilage often brings about agonizing breathing. The other possible signs of costochondritis include:

Tenderness of the chest

Pain that worsens upon taking deep breaths

- The remedy often involves the use of anti-inflammatory drugs and also muscle relaxants.
- Application of heating pads or ice packs may help to some extent.

Pericarditis

Pericarditis refers to the inflammation from the pericardium, which is a thin serous membrane that is all around the heart. Systemic inflammatory problems (rheumatoid arthritis or lupus), or trauma to be able to the chest area could be responsible for causing pericarditis. The the signs of pericarditis include:

Malaise.

Shortness of breath in the reclining position

The therapy typically involves the use of anti-inflammatory drugs, painkillers, as well as corticosteroids.

Rib Injuries


Another possible cause of chest pain is a bruised, cracked, or fractured rib. Blunt trauma to the chest, rib injury during a motor vehicle accident, or even a fall from a height could cause the ribs in order to break. Such injuries are most likely in order to cause chest pain when breathing. Another signs and symptoms that may be gone through by an affected individual include:

Pain about moving the actual torso

Pain while coughing or even sneezing

The application of heat patches, and also the use of drugs (painkillers, steroids, and anti-inflammatory drugs) may be suggested for treating bruised or cracked ribs. In severe cases, surgery may be recommended.

Chest pain could be caused by serious medical conditions, which is why, medical help should be sought by anyone who experiences a dull or sharp chest pain. Do inform your doctor about the signs that go with this pain, as that can help them in diagnosing the underlying cause.

“  **Damion McDaniel**
Damion is a leading curator at 816babi.com, a blog about alternative health news. Previously, Damion worked as a advertising guru at a well-known high tech company. When he's not researching new articles, Damion loves painting and fishing.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.